Workshop Line-up for the 8th Annual Family Support Conference
April 3, 2018

Morning Session 1 (9:00-10:15 AM) – Please select ONE workshop

1. Understanding Trauma: Trauma Isn’t What You Think It Is
   Presented by: Dr. Robert Rhoton, Psy. D., LPC, D.A.A.E.T.S., Arizona Trauma Institute
   
   **Workshop Description:** The first in a three part series, this workshop will cover the definition of trauma, discuss the different types of trauma, and help participants obtain a working understanding of trauma in order to help the people they serve. Dr. Rhoton will discuss how trauma is created, the influence it has on the brain, and how it affects behavior.
   
   **Presenter Bio:** Dr. Robert Rhoton, CEO of Arizona Trauma Institute possesses a rich history of experience in the mental health field. He has supervised multiple outpatient clinics, juvenile justice programs, and intensive outpatient substance abuse programs for adolescents, day treatment programs for children and youth, adult offender programs, and child and family therapeutic services. Additionally, Dr. Rhoton has advanced training in child and adolescent trauma treatment, family therapy, and family trauma. Dr. Rhoton collaborates and consults with numerous Arizona agencies fine tuning their understanding of trauma and the impact of developmental trauma on the individual and family.

2. Human Trafficking 101
   Presented by: Cassandra Lain, Dedicated Recovery Coach, Southern Arizona Anti Trafficking Unified Response Network (SAATURN)
   
   **Workshop Description:** This workshop is provided as a tool to raise awareness and increase knowledge of professionals working in settings that might involve clients at risk. Participants will learn more about basic definitions, types of trafficking, populations at risk, signs, and terminologies of human trafficking.
   
   **Presenter Bio:** Cassandra provides clinical services to individuals with Serious Mental Illness and substance abuse disorders. She specializes in working with those who are involved with the criminal justice system and Department of Child Safety. She serves as part of the Southern Arizona Anti-Trafficking Unified Response Network (SAATURN) which is a joint task force with Tucson Police Department, Federal Bureau of Investigation, Homeland Security, and CODAC Recovery and Wellness. Cassandra began her passion for helping victims of trafficking during her work in women’s services. She is a strong advocate for survivors and provides training throughout the community to further educate and bring awareness to the topic of Human Trafficking.

3. Privilege and Micro-aggressions
   Presented by: Mariah Harvey, Teacher, Professional Learning Coach
   
   **Workshop Description:** This workshop will examine the ways we interact with each other in a professional and social capacity, and will encourage participants to examine the way that implicit and explicit biases affect our experiences and opportunities. This workshop intends to set the
foundation of a heightened sensitivity around the cultural and gender based identities of others, as well as explore the intersectional facets that compose identity. This specific workshop will focus on race, gender, able-bodiedness, and other areas of marginalized identity.

**Presenter Bio:** Mariah Harvey is an educator, social justice advocate, poet, and bookworm. She has been teaching in Tucson for 6 years, and her teaching pedagogy is deeply influenced by Angela Davis, Paulo Freire, and bell hooks. She recently completed her Master's Degree in Secondary Education, which focused on exploring social justice oriented identities in middle school students. Much of her work with students is geared towards research investigations and project-based learning where student empowerment is cultivated by an authentic sense of civic responsibility. She is a certified professional learning coach to work with adult learners and educators loves to help make curriculum and classroom activities more inclusive and accessible. She is also a culturally relevant site teacher with TUSD and helps develop curriculum that is asset-based and culturally responsive.

4. **You Are Not Speaking My Language: Understanding Male and Female Communication**

   **Presented by:** Allan Stockellburg, Regional Manager, Teen Outreach Pregnancy Services & Grace Caito, Parenting Case Manager, Teen Outreach Pregnancy Services

   **Workshop Description:** We have all experienced it! That moment when you realize the person you are speaking to is on a page in a different book. You say and hear one thing, but the other seems to have a completely different perspective. Why is that? Did you know that males and females tend to use a completely different guidebook when they communicate? Who knew?!? Come check out the set of rules the other side plays by and gain a better understanding of how males and females communicate amongst themselves and with each other. Conflicts and disagreements are unavoidable in life, so this workshop will give you the tools and strategies to tackle conflict resolution, problem solving and negotiation. Quality communication is important in any relationship whether you are planning a family vacation or using motivational interviewing at the office. So come get some perspective on the communication guidebooks we all use on a daily basis.

   **Presenter Bios:** Allan Stockellburg has been the Fatherhood Facilitator for Teen Outreach Pregnancy Services since 2012. He is a Tucson, Arizona native and attended the University of Arizona, where he studied Computer Science and Psychology. Allan has performed case management services for youth fathers as well as facilitated co-ed and dads only parenting classes, support groups and playgroups. He is passionate about father involvement and believes that many of the issues facing our society, including crime, teen pregnancy and obesity, are related to an increase of father absence over the last several decades. Allan is certified in Effective Facilitation to Men and Effectively Engaging Fathers from the National Fatherhood Initiative. Contact him at Allan.Stockellburg@topsaz.org or visit the TOPS website at [www.teenoutreachaz.org](http://www.teenoutreachaz.org) for more information.

   Grace Caito has been the Parenting and Health Educator at Teen Outreach Pregnancy Services since 2017. She is a Tucson native and graduate of Northern Arizona University with a degree in International Relations. Grace has years of early childhood education teaching experience and parent education experience. She performs case management services for parenting youth as well as expecting and parenting fathers. She also facilitates co-ed parenting classes, support groups, and special events with TOPS. You can contact her at Grace.Caito@topsaz.org for any questions or referrals.
5. **Motivational Interviewing I (1st in 2-part series. Registration is required for both workshops.)**
Presented by: Stephanie Miller, LMSW, Research & Training Specialist, Arizona State University Center for Applied Behavioral Health Policy

**Workshop Description:** Motivational Interviewing (MI) is a collaborative, goal-oriented method of communication with particular attention to the language of change. It is intended to strengthen personal motivation for and commitment to a change goal by eliciting and exploring an individual's own arguments for change. This evidenced-based practice is used in numerous settings, including addictions and mental health care, primary care, emergency rooms, public health care, criminal justice, street outreach and shelters, and child welfare. In her presentation, Ms. Miller will describe the “Spirit” of Motivational Interviewing, discuss the foundational elements of MI, explain strategies for soliciting change talk, and identify methods for responding to sustain talk (formerly known as client “resistance”).

**Presenter Bio:** Stephanie Miller, LMSW, is a Research and Training Specialist at the Arizona State University’s Center for Applied Behavioral Health Policy. She has worked in a variety of practice settings within the adult behavioral health and child welfare systems. She completed her Bachelor’s Degree in Family Studies & Human Development at the University of Arizona. Ms. Miller earned her Master’s in Social Work with a focus on Policy, Administration, and Community Practice. Her instructional experience includes pre-service training for foster parents, community education in Adverse Childhood Experiences (ACEs), and research methods course instruction for social work students. Her work has also involved developing training curriculum for behavioral health agencies to implement Cognitive Enhancement Training. Ms. Miller provides training in Motivational Interviewing and supervision to the Center for Applied Behavioral Health Policy’s Motivational Interviewing coding lab MI coaches.

6. **Understanding Poverty: Why it Matters to Our Children, Families, and Community**
Presented by: Bonnie Bazata, Mothers in Arizona Moving Ahead, Pima County Health Department

**Workshop Description:** If you or your organization work with people from poverty, only a deeper understanding of their challenges and strengths will help you partner with them to create opportunities for success. This workshop provides new insights to help you understand the experience of being chronically under-resourced so that you can build greater effectiveness in your work. Understanding poverty means understanding the impact of chronic instability, scarcity, and stress on individuals, as well as how environments and systems impact the larger picture. This workshop also will offer an overview of the MAMA project, which aims to improve health and economic outcomes for low-income mothers through classes and supportive structures.

**Presenter Bio:** Bonnie Bazata is the Ending Poverty Now Program Manager for Pima County. She has presented both regionally and nationally on poverty and holds a University of Arizona MA, an Antioch College BA, and is a Watson Fellow.

7. **Toward a Deeper Understanding of Diversity**
Presented by: Dr. Jesus Treviño, Vice Provost for Inclusive Excellence and Senior Diversity Officer, University of Arizona
**Workshop Description:** As our society has become increasingly diverse, so has the approach to and knowledge about understanding diversity and inclusiveness. Thus, it is important to gain a deeper understanding of diversity if we are to create more inclusive climates and address the needs of diverse communities. This workshop will introduce participants to concepts and frameworks designed to understand the complexity of diversity. To accomplish that goal, concepts such as worldview, social identities, individualism, collectivism, privilege, institutional “isms”, and salient/non-salient identities will be introduced during the workshop. The training will be interactive and engaging.

**Presenter Bio:** Dr. Jesús Treviño joined the University of Arizona in August of 2016. Prior to this, Dr. Treviño served as the Associate Vice President for Diversity at the University of South Dakota. Dr. Treviño earned both a Ph.D. and a Master's Degree in Education from UCLA. He also received a Master’s Degree in Language and International Business and a Bachelor's Degree in Social Work from Eastern Michigan University. Between 2002 and 2012, Dr. Treviño served as associate provost for multicultural excellence and clinical associate professor in education at the University of Denver. He also served as assistant dean for cultural diversity and director of the Intergroup Relations Center at Arizona State University from 1992 to 2002.

**Morning Session 2 (10:30-11:45 PM) – Please select ONE workshop**

1. **Understanding the Traumatized Brain: The Essential Key to Changing Behaviors**
   Presented by: Dr. Robert Rhoton, Psy D., LPC, D.A.AETS, Arizona Trauma Institute

   **Workshop Description:** In this second session of a 3-part series, Dr. Rhoton will dive deeper into the discussion of how trauma dysregulates and affects the brain and behavior changes that happen as a result.

2. **Born Different: Look at Transgender and Gender Non-conforming Children**
   Presented by: Jane Gariepy, Early Childhood Specialist, Kindergarten Teacher, Tucson Unified School District

   **Workshop Description:** Using the story of her own son and his journey of discovering he is transgender as well as intersexed, Jane Gariepy will present vocabulary and descriptions of children who are born different and do not fit the traditional idea of gender roles. Participants of this workshop will learn about current research on children who do not follow traditionally accepted gender roles and will receive resources for support as well as strategies to make classrooms or childcare environment inclusive and accepting for all children and adults.

   **Presenter Bio:** Jane Gariepy is a near life-long resident of Tucson, the eldest of seven children. Her now retired father was a professor of agriculture at the University of Arizona (UA) for 38 years, and her mother was a registered nurse. She pursued her own education locally and graduated from the UA in 1985 with a B.S. in Child Development and Family Relations. She then completed her coursework to secure an Arizona State K-8 Teachers’ Certificate with an Early Childhood Endorsement from the UA post-baccalaureate program. Jane has over 25 years of experience teaching Kindergarten and Pre-Kindergarten at both the Tucson Unified School District and the Catholic Diocese of Tucson. She and her husband, Peter Gariepy, have been married for 30 years and have 3 children. Jane tells her story of being the parent of a transgender son while sharing valuable insights into the life of a transgender person. She strongly believes in advocating for the
rights of transgender and differently born people through education and acceptance. She recently has written her first children’s book, also on this topic, and hopes to be self-publishing it later this year.

3. **Heart and Soul: Truly, Madly, Deeply Falling in Love with You!**
   Presented by: Shelley Tellez, Director of Prevention and PAT, Arizona’s Children Association

   **Workshop Description**: Every. Single. Day. You put your heart & soul into your work as a home visitor. In fact, you put your heart & soul into everything you do. You ensure that your kids come first, that your partner is loved, and that your friends know that you are always available. We put our hearts & souls into fueling others, fixing challenges, and pleasing everyone. That kind of person is extraordinarily special! You better take care of a person like that! It is not a radical idea that airline personnel recommend putting your own oxygen mask on first before helping others. It is essential. If we expect to care for others, we must take care of ourselves first. We invite you to join us for “empower hour” where we will encourage you to put on your invisible crown without guilt. Discover some tips, routines, and self-care ideas that give you permission to celebrate the wonder that is you. It is time to fall truly, madly, deeply in love with YOU with all of your Heart and Soul.

   **Presenter Bio**: Shelley Joy Tellez is the Director of Prevention and Parents as Teachers Program. She directly supervises the Program Supervisors, provides general oversight to Prevention and PAT Programs through Arizona’s Children Association, and monitors for quality assurance and program implementation. She provides program consultation and is the affiliate administrator for the AzCA programs throughout the state. Shelley brings over 37 plus years of experience in the early childhood field to her work at AzCA. She has a Bachelor of Science degree from Western Illinois University in Child Development and has diverse work history in early childhood, social work, teaching, child care licensing, and program management and development. Shelley is a published author of a children’s book and a published journalist with several magazines such as Raising Arizona Kids, Northwest Baby and Child, Monsoon Magazine, AZ Weekly, and online magazine sources. Shelley has been involved with Head Start as a Child Development Manager, also worked as an Education Supervisor for Maricopa County Head Start and as a Child Care Licensing Specialist with the State of Arizona. She is a lover of life and a certified Parent Educator.

4. **Understanding Dad**
   Presented by: Allan Stockellburg, Regional Manager and TOPS DAD Manager, Teen Outreach Pregnancy Services

   **Workshop Description**: This workshop will inform participants of the importance of supporting fathers to be the caring, responsible, and mindful dads their children need them to be. Educating men on parenting skills is different from educating moms and Understanding Dad will show attendees how to empower men to be the dad they want to be. This workshop will cover topics of paternal protective factors for their children, understanding mom’s way AND dad’s way of parenting, male communication strategies, male learning theories, and tips for motivating fathers to #betheDAD and get more involved in their child’s life.

5. **Motivational Interviewing II (2nd in 2-part series. Registration is required for both workshops.)**
   Presented by: Stephanie Miller LMSW, Research & Training Specialist, Arizona State University Center for Applied Behavioral Health Policy
**Workshop Description:** Motivational Interviewing (MI) is a collaborative, goal-oriented method of communication with particular attention to the language of change. It is intended to strengthen personal motivation for and commitment to a change goal by eliciting and exploring an individual's own arguments for change. This evidenced-based practice is used in numerous settings including: addictions and mental health care, primary care, emergency rooms, public health care, criminal justice, street outreach and shelters, and child welfare. In her presentation, Ms. Miller will describe the “Spirit” of Motivational Interviewing, discuss the foundational elements of MI, explain strategies for soliciting change talk, and identify methods for responding to sustain talk (formerly known as client “resistance”).

6. **Communication and Positive Guidance: The Power of Healthy Discipline**  
   Presented by: Jordana Saletan, LMSW, Associate Director, Easterseals Blake Foundation

**Workshop Description:** All behaviors have meaning, especially for young children. This workshop will help practitioners understand how to explore the meaning behind challenging behaviors and prevent misbehavior through positive guidance. The use of various tools such as choices to decrease power struggles will also be explored.

**Presenter Bio:** Jordana Saletan, BA, LMSW has been in the field of early childhood since 1998. Jordana’s past experience includes almost ten years of preschool teaching and infant mental health therapy with the New Visions for Families Program for five years. She has also provided mental health consultation through the Smart Support program at Easterseals Blake Foundation and managed that program for almost six years overseeing staff in Pima, Pinal, Cochise, Yuma, Graham-Greenlee, and Santa Cruz Counties. Jordana has recently become the newest Associate Director for Easterseals Blake Foundation Children and Family Services after almost 12 years with the agency.

7. **Panel of Parents with Children with Special Needs**  
   Moderator: Kathy Gray-Mangerson, Family Support Specialist, Raising Special Kids

**Workshop Description:** Do you work with children who you suspect have a disability? Have you struggled with how to bring that subject up to the parent? Do you know where to refer the parent so they can get the help they need? If you have ever dealt with any of the above issues or do not know how to address them, this is the workshop for you. Come hear the perspective of 3 parents whose children all have different disabilities. They will tell you how they found out about their child’s disability, what reaction they had to learning about it, where they got the help they needed, and what advice they would have for professionals who need to have these conversations with the parents they serve.

**Moderator Bio:** Kathy Gray-Mangerson is a member of the family support team at Raising Special Kids in Southern Arizona. For five years, Kathy was a Parent Information Network Specialist for the Arizona Department of Education providing special education assistance to families. Kathy has a Bachelor’s degree in Education and a Master’s Degree in Business Administration. Early in her career she acquired experience and expertise in the disability field with her work at the Muscular Dystrophy Association and the Division of Developmental Disabilities. Kathy has an adult son with a Specific Learning Disability in Auditory Processing.

Recently, the Mangerson family was honored to be recognized for their work in community service. Kathy’s son received the Youth and Young Adult Secondary Transition Services Award,
and Kathy was the recipient of the Diane Lynn Anderson award for her achievements in serving people with disabilities.

**Afternoon Session 3 (1:30-2:45 PM) – Please select ONE workshop**

1. **Trauma: Now That You Know, What Can You Do?**  
   Presented by: Dr. Robert Rhoton. Psy. D., LPC, D.A.AETS, Arizona Trauma Institute

   **Workshop Description:** In this final session of a 3-part series, Dr. Rhoton will discuss the ACE Study, its implications, and what tools, strategies, and interventions are available to mitigate the effects of trauma.

2. **Infant Toddler Mental Health: Attachment Process for Young Children**  
   Presented by: Dr. Chuck Chiverton, PhD, MA, LPC, BHP, Licensed Psychotherapist, State of Arizona

   **Workshop Description:** This workshop will look at the attachment process for young children and the impact of this process on children who are exposed to trauma and changes in their lives. Participants of this workshop will gain the following skills and strategies: understanding of phases of attachment, differentiating between secure and insecure attachment, understanding trauma and attachment, and techniques to enhance security in young children.

   **Presenter Bio:** Chuck Chiverton is a licensed psychotherapist through the State of Arizona Board of Behavioral Health and has provided assessment and treatment for 30 years in the following areas: infant and early childhood mental health, trauma, developmental delays, pregnancy and postpartum, children adolescents, adults, and families. Dr. Chiverton directed the Great Beginning Trauma Clinic for 10 years, is a consultant to the Nurse Family Partnership Program (pregnancy and postpartum-perinatal mood disorders/trauma), and Behavioral Health Program at Casa de Los Ninos. Chuck currently provides consultation and clinical supervision for licensure through his private practice.

3. **Delivering Culturally Sensitive Trauma-informed Services to Former Refugees**  
   Presented by: Stella Kiarie, Program Manager III, Arizona Department of Health Services and Sarah Holliday, Clinical Therapist, International Rescue Committee

   **Workshop Description:** This workshop is dedicated to special populations such as refugees, special immigrant visa holders, asylum seekers and paroles. Individuals working with special populations have continued to learn and expand their approach to ensure inclusion and sensitivity of available services. This workshop is dedicated to discussing perceptions, exploring flexibility in case management, and visualizing care for formerly displaced persons.

   **Presenter Bio:** Stella Kiarie works as a Program Manager in the Arizona Department of Health Services. Her focus is on identifying and addressing chronic diseases and health disparities experienced by refugees and other eligible immigrants. She also works with community partners to advocate for improved health outcomes and health equity. She previously worked as the state refugee health coordinator and holds a Master’s Degree in Public Health from Brown University.

   Sarah Holliday joined the IRC Tucson staff as a Clinical Therapist in April 2016. She came to Tucson from Illinois, where she had worked as a counselor for survivors of domestic violence and sexual
assault. Sarah earned her B.A. in Peace, Conflict, and Global Studies from Northland College and her M.A. in Clinical Psychology with a concentration in Trauma from the Chicago School of Professional Psychology. Prior to graduate school, Sarah spent time volunteering in inner-city Chicago and working with a variety of nonprofit social service agencies providing assistance to low-income and marginalized populations. Sarah is a Licensed Professional Counselor (LPC) in Arizona and her current work at IRC involves providing individual screening and group counseling services to refugees, as well as coordinating the Survivors of Torture Program.

4. Empathy – Your Next Superpower
Presented by: Peggy O’Neill, Keynote Speaker

Workshop Description:
“Empathy is about finding echoes of another person in yourself.” – Mohsin Hamid
In this interactive workshop, Peggy will guide you through informal discussion and exercises to build a foundation for relating more effectively with others. Participants will enhance their skills in the areas of being present, listening, understanding others despite the differences, and growing compassion. Bottom line is that this time together will enhance participants’ ability to be more empathetic, and consequently, connect with others more significantly … making Empathy their next Superpower.

Presenter Bio: From the soaring height of 3’ 8” tall, professional speaker, author and advocate for positive living, Peggy O’Neill has triumphed over a mountain range of challenges. She now shares her unique life-wisdom with organizations who want to Empower Women, Embrace Diversity and Elevate Performance. Peggy supports women in business to develop the courage and confidence to be bold, brilliant, and risk-taking, so they can advance their career without being held back by bias or disregard. Peggy also helps people in business develop communication skills so they can get along, work better together, be happier and thus more productive without time-wasting conflicts, disputes or costly litigations. In the past 13 years, she has presented to high profile companies such as FEMA, Chase Bank, Diversity Works, Texaco, EPA, and many others. She has authored three books and celebrates her daily life in Ojai, CA.

5. Strategies for Supporting Parents to Be the Primary Sexuality Educator of Their Children
Presented by: Maria Rodriguez and Nadia Roubicek, Community Sexuality Educators, Planned Parenthood.

Workshop Description: This workshop is designed to enhance the capacity of providers to support and encourage the parents they work with in their role as the primary sexuality educator of their children.

Presenter Bio: You may have seen Maria Rodriguez facilitating community workshops in Spanish, English or Spanglish, focused on increasing adult-youth communication around sexuality, dating and healthy relationships. That is only part of Maria’s job as Planned Parenthood Arizona’s Teen Pregnancy Prevention Coordinator. Her current position entails working on an OAH grant with community partners to mobilize Southern Pima County toward recognizing, supporting and taking responsibility for valuing adolescent sexual health as an integral part of young people’s quality of life. A large part of that includes institutionalizing delivery of sex education to students in the Sunnyside Unified School District that works and respects all youth. She’s passionate about systemic
change through community building, equity in education and connecting people to resources that support them in living their best life.

She has over 10 years’ experience in the sexual and reproductive health field, both internationally and nationally; holds a BA in Psychology and Women’s Studies from George Mason University in Virginia, and is near completion of a Masters of Public Health with a minor in Anthropology from the University of Arizona.

Nadia Roubicek is a Community Sexuality Educator with Planned Parenthood Arizona. She has a BA in Sociology from the University of Arizona. Nadia has spent her career working with the Tucson community to advocate for food security in food deserts as well as access to information and resources about mental health and sexuality education for Latinx populations. Her background in Sociology helps her turn a critical eye to ways in which communities access information based on their culture and place, and how to work with communities to connect them with the resources they desire. She has over 7 years of experience in presenting health information to the public and creating and managing outreach campaigns in non-profit and government organizations across Arizona. Before working at Planned Parenthood Arizona she worked at Maricopa County Department of Public Health where she managed outreach, marketing, public relations, training and educational activities for Nurse-Family Partnership, an evidence-based home visitation program.

6. **Critical Conversations: Tips for Talking in High Stakes Situations**  
Presented by: Jordana Saletan, LMSW, Associate Director, Easterseals Blake Foundation

**Workshop Description:** Using primarily the book Crucial Conversations, participants will learn about some basics of communication and think about what makes a conversation “crucial”. We will talk and think together about setting the stage for delicate communication, how best to make it safe and effective, and how to use mindfulness and other resources to start with ourselves and find the AND in tough situations.

7. **Curiosity and Connection**  
Presented by: Serena Samaniego, Therapist, Clinical Manager, Pathways of AZ

**Workshop Description:** This is an interactive and hands-on workshop focused on exploring the fundamental role of curiosity in building and strengthening relationships. Participants will learn how curiosity is connected with reflective practice and how it can be used in a variety of settings to promote personal and interpersonal growth. Participants will explore the benefits of combining curiosity with the practice of mindfulness and compassion and now all three work together to build healthy caregiver-child relationships.

**Presenter Bio:** Serena Samaniego is a Licensed Associated Counselor, Therapist, and Clinical Manager for Pathways of Arizona. Serena has over nine years of experience in the field of Infant and Early Childhood Mental Health and Trauma Informed Care. She is trained in Child Parent Psychotherapy and is certified in Trauma Focused CBT. She also carries a Level II Endorsement in Infant/Early Childhood Mental Health. Serena’s professional interests include helping children and families who have experienced trauma reconnect with hope and resiliency as well as promoting the importance of trauma aware communities.